



**6 - Rear Admiral
frocking**



8 - Basketball

Brief Notes

Navy Ball tickets are still on sale but going fast. The Ball will be held Nov. 20 at the Harbor View Club. Prices are: E4 and below, \$20; E5 and E6, \$30; E7 and above, \$35; and \$40 for civilians. Civilian spouses of military members pay the equivalent of their spouses' rank.

Branch Medical Clinic (BMC) announces new hours. Beginning Monday, Nov. 15, the clinic's hours are 7:30 a.m. - 4 p.m. There will be no change to the way appointments are scheduled. For more information call 252-2555.

Free Pizza! Sunday, Nov. 14 from 6-8 p.m. at the Hario Teen Center. Sponsored by the CFAS command chaplain. Open to all SOFA sponsored teens from seventh grade and up. Free shuttle from Main Base Chapel will be provided. For information or shuttle service from main base, call 252-8131 or 252-8670.

USO Notes:

There will be a **Persian carpet sale** Friday Nov. 12-Sunday Nov. 14 at the Liberty Room at the Harbor View Club.

The USO is hosting a **charity auction** Saturday, Nov. 27 at the Harbor View Club. Tickets are on sale at the USO Fleet Landing. Volunteers are needed for the auction. Contact DJ Stanhope at 090-3012-5867.

The USO is hosting a **Thanksgiving feast** for Sailors Thursday Nov. 25 - Saturday Nov. 27. If you are interested in donating food, call 252-3959 to sign up.

This Week

WIC Overseas Japanese Grocery Store Tour and Lunch

Friday, Nov. 19 at 10 a.m. Come and join us touring the Jusco (Daito) grocery store with our bilingual volunteers. They'll also answer your cooking questions. Bring yen for lunch. We'll be eating at a Japanese restaurant in Jusco. Registration required. Call 252-8781.

Weather

Sunday Rainshowers
H 72 L 55
Monday Mostly cloudy
H 68 L 54

DUI Counter: 6 days as of Nov. 13

EOC upgrade enhances emergency readiness

JO1(SW) Ron Inman
CFAS Public Affairs

A recent upgrade to Fleet Activities Sasebo's (CFAS) Emergency Operations Center (EOC) means more efficient communication and increased readiness for the base in any emergency.

The EOC, which is manned during emergencies, provides a central location for operations, communications and command and control. The EOC, facilitates the gathering, processing, display,

evaluation and dissemination of information by CFAS leadership, including department heads and designated organizational representatives. EOC personnel can then determine the best course of action and relay that information to higher authority.

According to Chief Operations Specialist (SW) Gary Boldes, Port Operations/Logistics Division Officer and Leading Chief Petty Officer, the recently completed upgrade has

improved the flow of information through CFAS and to Commander, Naval Forces Japan (CNFJ) and U.S. Forces Japan.

"We have upgraded the computer capabilities, adding more workstations, which allows [EOC personnel] to work simultaneously," Boldes explained.

"We have upgraded the EOC's computer capabilities...which allows [EOC personnel] to work simultaneously,"
- *OSC(SW) Gary Boldes, Port Operations/Logistics Division Officer/Leading Chief Petty Officer*

"We also upgraded information displays, allowing for easier flow within the EOC itself, as well as video teleconferencing (VTC) capabilities in the same building."

Boldes said the project was contracted out by CFAS Public Works Department (PWD) and the installation itself was funded by Space and Naval Warfare Systems Command (SPAWAR).

The \$400,000 project, which began in late September and was finished by Oct. 31, was paid for with force protection funds and therefore, had no impact on CFAS funds.



Marine Corps celebrates 229th birthday Nov. 10

The Commander, Fleet Activities Sasebo, (CFAS), and a Marine sergeant stationed in Yokosuka (foreground) cut the cake at the Marine Corps' 229th Birthday luncheon at the Harbor View Club Wednesday, Nov. 10. The event featured traditional Marine corps birthday speeches, cake and lunch. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

It's not only a small world, it's a small Navy, too

USS Essex (LHD 2)
Public Affairs

When A-Division's Leading Chief Petty Officer (LCPO), Senior Chief Machinist Mate (Surface Warfare/Air Warfare) Victor Bryan, was introduced to a new crewmember being assigned to the Engineering Department on USS Essex (LHD 2), his initial response was, "You look familiar!"

In 1995, Wade Schritter and his high school buddy walked into the Stillwater, Okla. recruiting office ready to enlist in the United States Navy. Bryan, then Boiler Technician First Class (BT1), was the Stillwater recruiter and had gone through the paces of turning hundreds of civilians into recruits up to that point in his tour. Bryan said he sensed something special about Schritter. "Schritter came in under the 'buddy program' with a friend and football teammate from Morrison," said Bryan. "My hometown of Copan, with a population of almost 800 people, is approximately 90 miles from Schritter's hometown of Morrison, a small town with around six hundred people," added Bryan. "The two

towns have always had these historic football rivalries."

Bryan said his initial positive feeling about Schritter was reinforced by the high marks that Schritter scored on the Armed Services Vocational Aptitude Battery Test (ASVAB).

"I remember that BT1 Bryan often came to my house and spent time with my parents, he took me to the Military Entrance Processing Center (MEPS) in Stillwater, and he made sure I was good to go to boot camp every step of the way," said Schritter.

Bryan, and now Machinist Mate First Class Schritter had not seen each other since 1995. That changed two months ago when Schritter reported on board.



A Machinist's Mate First Class, left, gives an Oklahoma "OK" sign, along with his LCPO, a Senior Chief Machinist's Mate. He recently arrived to USS Essex (LHD 2) and discovered his new LCPO was the same man who recruited him into the Navy in 1995 in Stillwater, Okla. Senior Chief said of his new Heat and Stream Shop LPO, "He's doing Oklahoma proud!" (Official U.S. Navy photo by JO1(SW) James Evans Coyle)

"I'm glad to have met up with him again," said Bryan. "Since Schritter arrived here, he's really kicked butt and been an outstanding addition to Engineering Department and to the entire ship."

"I was glad to see him after so long," said Schritter. "I always wanted to look him up and I always wondered how he was doing. Now he's my LCPO and I'm looking forward to working for him aboard Essex," he added. Schritter said he's never forgotten Bryan's kindness and patience with him as a young kid about to embark on the

adventure of a lifetime.

Bryan added with a proud smile, "It's a really small world when two small town boys from rural Oklahoma meet up in the North Arabian Gulf."

On Oct. 2, *Sasebo Soundings* went to a new, 8-page, black-and-white format. While the format of the paper may have changed, our mission to provide the Sasebo community with an informative,

Please take a few moments to fill out this short survey. The Soundings staff will make changes to the paper's format

Please return surveys by Monday, Nov. 22. Surveys may be dropped off to the PAO/Soundings (01B) mailbox in the Headquarters Bldg. (Bldg. 80, first floor, entrance adjacent to the Harbor View Club), placed in Guard Mail care of

Sasebo Soundings, or mailed to the Public Affairs Officer at PSC 476 Box 93, FPO AP 96322. Soon, you can also complete the survey online at **<www.cfas.navy.mil>**. For further information, please contact JO1(SW) Inman at 252-3485/3409.

[illegible]

Thank you for taking the time to complete this survey and improve Sasebo Soundings. Survey results will be published in a future issue.

If you remove a guard for any reason, or see a piece of unguarded machinery, do not use it until the guard has been reinstalled.

Why?

Safety tips

See LaDonna Kolman, FFSC New Parent Support Nurse, to have your baby's birth announced in Sasebo Soundings.

Why?

Betcha didn't know

1	2	3	4	5
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Safety Corner: machine guarding

Location/Distance - Potential feeding and ejection methods to improve operator

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Command Spotlight: Sasebo Navy College Office

JO1(SW) Ron Inman
CFAS Public Affairs

Want to continue your education, but not sure of where or who to turn to? Sasebo's Navy College Office (Sasebo NCO) is here to assist you in your educational goals.

Our purpose is to provide educational opportunities to service members, their families, Department of Defense (DoD) employees and retirees," said Barionel Guiteau, Sasebo Navy College Office Director.

Guiteau explained that Sasebo NCO's overall program consists of four elements – Tuition Assistance (TA), Navy College Program for Afloat Education (NCPACE), Defense Activity for Non-Traditional Educational Support (DANTES) and on-base colleges. Each element represents a way to earn college credit.

According to Guiteau, Sasebo NCO is the common thread that ties these elements together with guidance and counseling.

"Anyone who wants to continue their education can come into our office and we'll help them start by establishing a degree plan, explain TA and how to use

it, and also the different levels of educational programs. "We'll also tell them about the Sailor/Marine American Council on Education Registry (SMART) Transcript and American Council on Education (ACE) guidelines, which determine how many credits they may already have for their military service."

In addition to on-base and ship-based classes, those in search of higher education can also take College Level Examination (CLEP) tests or DANTES tests on a variety of subjects. Tests are available on a weekly basis, and if you pass the test, you earn credit for the tested subject.

"If you don't know what you what to study, you can take a Campbell Interest and Skills survey," Guiteau added. "It will tell you what your skills are, and what job relates to you. It's a good place to start."

"The hardest thing to do is come in to our office," Guiteau concluded. "Come on in and we'll put you on the right track – you're closer than you think you are."

For more information, contact Sasebo NCO at 252-3538, visit them on the first floor of the Community & Education Center or visit the Navy College website at www.navycollege.navy.mil.

Profile: Navy College Office Director



Sasebo Navy College Office Director
Hometown...Huntington, Long Island

How long have you been in Japan?

I have been in Sasebo for 14 months.

What is your favorite thing about Sasebo?

My favorite thing about Sasebo is its location.

Are you married or single?

I am single.

Do you have any children?

No, I do not have any children.

What hobbies do you have?

I have several, but what I have enjoyed the most the past few years here in Sasebo are scuba diving and international ballroom dancing.

Who do you consider to be your role model?

I consider my mother as my role model.

What are your personal goals?

To be the best at what I do, no matter how small the task; whether becoming the best ballroom dancer or teaching English to speakers of other languages.

What motivates you?

God motivates me. When I wake up each morning and pray, I always end up with a great and bright smile and say 'Thank you, God.'

What is the one thing you can't stand?

Dishonest people.

What do people not know about you?

People know what they should know about me. My personal life remains my own.

What is your most embarrassing moment?

An International Ballroom Dance Festival in Shizuoka City, Japan. After many hours of practice, once I got onstage I could not remember anything about my routine. Thanks to God, the audience started to chant my name and I regained my senses and did my routine. I realized that that two minutes and 15 seconds were the longest of my life - especially when I viewed a tape of my embarrasment on the stage.

If you could have dinner with three people, living or dead, who would they be?

My sister Michele, my mother and my grandmother from my mother's side.

Gift certificates expanding to all commissaries

Rick Brink
Defense Commissary Agency

A trip to any commissary in the world is all it will take soon to get the popular commissary gift certificates.

Made available just last month in commissaries in the continental United States, the offering is being expanded this month to all 273 commissaries worldwide. Gift certificates in stores are available in one denomination of \$25. A handling fee of \$1 per certificate is added to offset printing, shipping and handling costs.

"Plans call for them (gift certificates) to be available worldwide by around the middle of this month. We're very pleased to expand this service, especially since this is the time of year for gift giving," said Patrick B. Nixon, DeCA's chief executive officer.

The in-store gift certificate offer is an expansion of

the Internet CertifiChecks program made possible through a business agreement with CertifiChecks Inc. at no cost to the Defense Commissary Agency or the federal government. The program, featured in a link on <http://www.commissaries.com>, lets anyone purchase any of nine denominations of commissary gift certificates over the Internet or by calling a toll-free number within the United States (1-877-770-4438).

All certificates, whether obtained in a commissary or over the Internet, can be given as gifts, but only authorized commissary shoppers can redeem them.

The gift certificates have a one-year expiration date. Customers can return expired or nearly expired certificates to CertifiChecks Inc., which will re-issue new certificates at face value without any processing charges.



Scholarships for Military Children program enters fifth year

Bonnie Powell
Defense Commissary Agency

The fifth year of Scholarships for Military Children is now underway. Administered by Fisher House Foundation and funded by the manufacturers and industry supporting commissaries, the program has awarded over \$3 million through nearly 2,000 scholarships to the sons and daughters of active duty service members, Guard and Reserve members, and military retirees.

"The Scholarships for Military Children program has become a major community event for commissaries since its inception five years ago," said Patrick B. Nixon, chief executive officer for the Defense Commissary Agency. "The program awarded 500 scholarships in 2004 and ceremonies were held in commissaries worldwide in honor of these outstanding students. The

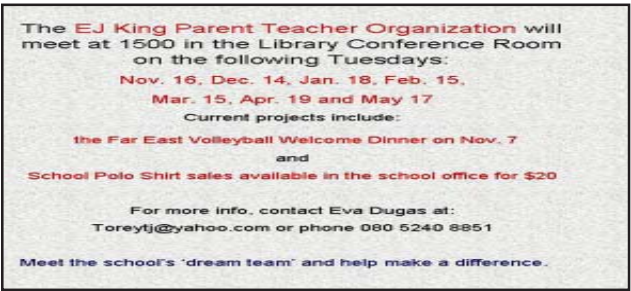
industry members who support this program should be proud – and we hope the fifth anniversary year will be the best yet!"

Applications for the 2005 program are available at commissaries or online at the following website: <http://www.militaryscholar.org>. A link to the program will be on <http://www.commissaries.com>, the DeCA Web site. Eligibility and other information are also available at the program Web site. Applications, which must include an essay on how the heightened awareness of terrorism has impacted the student's life, are due at commissaries Feb. 16, 2005. At least one \$1,500 scholarship will be awarded at every commissary location with qualified applicants.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending an accredited college or university full-time in the fall term of 2005, or enrolled in a program of studies designed to transfer directly into a four-year program.

The scholarship program can also accept public donations at <http://www.militaryscholar.org>.



E.J. King hosts its first Far East Small School volleyball tournament

Lara Deguzman
CFAS Public Affairs

E.J. King High School hosted its first - ever major volleyball competition – the 2004 Far East Small School Volleyball Tournament, Nov. 7-12, featuring teams from around the Pacific. The Lady Cobras were not the only ones who prepared for the big tournament this year - E.J. King students and faculty also played an active role. According to Tournament Organizer, Christel Breeze, she was at first overwhelmed with the task given to her but, together with an army of volunteers, embraced the challenge to make this year’s tournament a success. Scorekeeper and line judge training was held during two weeks of seminar periods in the school library to accommodate students from a variety of organizations

and classes. This not only garnered assistance for the tournament, but also provided financial benefit to the school groups involved, since scorekeepers and line judges’ organizations are paid for their services. Students were also able to apply their knowledge and talents to class assignments designed to get the tournament organized and running. The Journalism class prepared the tournament’s official program, while the Photography class provided photographic coverage. In addition, students and staff escorted visiting teams and, according to Breeze, “supported hospitality during their stay in Sasebo”. “None of this however, would have been possible if it weren’t for the support of Linda Connelly and George Man,” she added. According to Breeze, Connelly arranged billeting for the teams. Man, a

former player himself, provided firsthand knowledge of player needs and made meals available in the school cafeteria. With the entire school involved and working as a team, the volleyball team prepared twice as hard, since visiting schools were coming to “Cobra territory.” So how did E.J. King students feel about the tournament coming to Sasebo? Senior, Kathleen Sabijon said, prior to the tournament, she expected to see a lot of new faces and hoped to make new friends. Kayla Rhodes, a sophomore and second - year player with the girl’s volleyball team, believes she brought motivation to the team. “We play like it’s practice,” Rhodes said, “I like to joke around sometimes, I don’t like our team so tense.”

Team captain and senior, Cassi Tumbado, saw this opportunity as a learning experience for herself and the team. “I looked forward to playing with Morrison Academy, because they’re a really good team. It’s always good for us to challenge teams which are more experienced; that way it makes us want to play harder.” Their coach, Mike Seitz, agreed with Tumbado when it came to playing the international schools because, “It gave us a chance to see what other schools are doing outside of Department of Defense Dependent Schools (DoDDS) in the volleyball program.” Breeze, on the other hand, had a different idea. “I just hope that the students are proud to have hosted such a big event, and maybe even look forward to getting asked to host it again.”

Darby Elementary students vote for president at mock election

Chris Boyd
Darby Elementary School

At Darby Elementary on Oct. 27, students in grades three through six were allowed to cast their vote on who they thought should be the next president of the United States. Fifth Grade Teacher, Kristina Crane, who is also responsible for the Student Council and its activities at Darby organized this event. Using resources from The National Student/Parent Mock Election Website, Ms. Crane organized Darby faculty and made arrangements for students to take place in a process that happened nation wide. Teachers were encouraged to share information on both candidates with their students. Posted in the hallway between the cafeteria and the Kindergarten and Fourth grade hall were posters that laid out details of Presidential candidates and their views. Students read these bulletin boards to help them in their decision. The cafeteria was transformed into a voting area where

students could enter, sit down and cast their vote. Included on the ballots were questions that asked students about their ideas on Healthcare, Education, and Taxes and teachers were on hand to interpret some of the more difficult statements. Students filled out their ballots and then placed them in the ballot box. Thanks to the hard work of Ms. Crane, her students, and her Student Council, elementary students were able to participate in a valuable learning experience that they will carry with them into the future. The National Student/Parent Mock Election is a non-profit, non-partisan organization dedicated to making students and parents aware of the power of their ballot by involving them in a full-fledged campaign and national election. The National Student/Parent Mock Election has put millions of dollars worth of free voter education materials into the schools through its past partnership with various organizations. In the last two presidential election years, over 10 million students, parents and teachers participated in all



A Darby Elementary teacher helps a third grader with a question on his ballot. (Released by CFAS Public Affairs)

50 states, Washington, DC, and 14 countries/territories around the world where Americans are based. Over 40 million have participated since the project began.

Congratulations to third quarter SOQs

Sailors of the Quarter

IT1 (SW) John D. Davenport
IT2 (SW/AW) Jamie C. Clark
AC1 (AW/SW) Christopher Williams
ABH1 (SW/AW) Michael Foster
OS1 (SW) Michael Meyers
EN1 (SW) Michael J. Wagner
PN1 (SW) Eric Rommel Pellayo
MN1 (SW) Travis E. Meyer
EM1 (SW) Jeffery M. Whalen
ET1 (SW/AW) Eilas Q. Calaunan
CS1 (SW) Paul Bush
HM1 Ernesto Lagdameo
JO3 Joshua Glassburn
PN1 (SW/AW) Reynaldo Giron
SK2 Joseph Villanueva
CE2 (SCW) Din V. Tran
EN1 (SW) Dean Kelley
BM1 (SW) Wemppy
HM1 (SW/AW) Richard J. Barcelona
AG2 Jeffrey L. Matthews

Information provided by Navy League of the United States (NLUS) Sasebo, Japan council.

Junior Sailors of the Quarter

IT3 Frank S. Dennis
OS3 Kyla R. Harris
AC3 (AW) Stephen D. Branum
CS2 Rodney Stokes
EN3 (SW) Jeffery Kohn
BM3 (SW) Lamerro L.. Mason
PHAN (SW/DV) Jason M. Tucker
MN3 Joseph M. Cooper
ET3 (SW) Blaize A. Pearson
EM3 (SW) Leon D. Howell
MN2 (SW/) Justin Brewer
HM2 (SW/AW) Lorenzo E. Branch
NS*
NS*
NS*
NS*
ENFA Gary King
GSMFN (SW) Mark E. Lojkutz
NS*
NS*

Blue Jackets of the Quarter

ABHAN (SW) Pablo Rodriguez
MA3 Matthew Brooks
HM3 Derrick Krause

Command

COMPHIBGRU ONE
COMPHIBRON ELEVEN
USS Essex (LHD-2)
USS Juneau (LPD-10)
USS Fort McHenry (LSD-43)
USS Harpers Ferry (LSD-49)
USS Safeguard (ARS-50)
USS Guardian (MCM-5)
USS Patriot (MCM-7)
USS Blue Ridge (LCC-19)
Fleet Activities Sasebo
BMC Sasebo
AFN Det Sasebo
Personnel Support Det
FISC Det Sasebo
NAVCOMTEL DET BCO
ACU-1 Det WestPac
ACU-5 Det WestPac ALFA
Fleet Surgical Team 7
NPMOD

Command

USS Juneau (LPD-10)
Fleet Activities Sasebo
BMC Sasebo

NS*- Not Selected for this command



November Lunch Specials

Every Monday during the month you can enjoy Captain Longboat's shrimp basket and french fries. Every Tuesday it's fettuccini ala cabonara with grilled chicken breast. On Wednesdays they serve up delicious grilled pork chop scarpieello with garlic mashed potatoes, and every Thursday you can enjoy a BBQ roast beef sandwich served on a kaiser roll. Fridays they feature golden fried mahi mahi fingers with tropical marmalade. All lunch specials, just \$6.95, are served Monday through Friday from 11 a.m. until 2 p.m., come with one trip to the salad bar and your choice of iced tea or coffee. For more information, call 252-3965.

Space World Amusement Park

Sign-up now for the next Space World Amusement Park trip, scheduled for Sunday, Nov. 14. Space World is the only "Space" theme park in the world. Located in Kitakyushu City in Fukuoka, the huge amusement park features several roller coasters, such as the Space Coaster and the Titan, a monster ride that zooms down from a height of 60 meters at a blazing 115-kph. There are many other great adult rides to enjoy as well. For the little ones there is Lucky Land, filled with many fun rides and costumed characters from 'outer space' to enjoy. There are also several restaurants, gift shops, museums, theaters and more. Cost for transportation and a one-day pass is only \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. The bus will leave the Harbor View Club parking lot at 7:45 a.m. and the Hario Community Center at 8:30 a.m. For more information, call 252-3433.

Great American Smoke Out

Kick that bad habit, get into shape and encourage others to do the same by participating in the Annual 'Great American Smoke Out' 3K Run on Friday, Nov. 19. The race will get underway at 11:30 a.m. in front of the Branch Medical Clinic. Sign-ups will be accepted at the Fleet Fitness Center prior to close of business on Tuesday, Nov. 16. If you can't make that deadline you can still register up until 11 a.m. on race day at the starting gate. Awards will be presented to the top three runners in both male and female divisions. For more information, call 252-3588.

Turkey Shoot Bowling Tournament

The Spare Time Recreation Center will host their Annual Turkey Shoot Bowling Tournament (18 years or older), on Friday, Nov. 19 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of four games of

November 12-19

FEATURED PREMIERE



MR. 3000

COMEDY • PG-13

Cast: Bernie Mac, Angela Bassett, Evan Jones, Ananyio Molesao and Christopher North

Rated PG-13 for Sexual Content and Language.

A vain and jaded baseball star retires from the sport as soon as he achieves his 3,000th base hit—earning him a place in a distinguished club. However, after three of those hits are disqualified, the Hall of Famer returns to the game to play a few more games to get back to the 3,000 mark. Along the way he discovers that the experience renews his love for the sport and reminds him what it's like to be a young boy obsessed with the game.

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, NOVEMBER 12	SATURDAY, NOVEMBER 13	SUNDAY, NOVEMBER 14	MONDAY, NOVEMBER 15	TUESDAY, NOVEMBER 16	WEDNESDAY, NOVEMBER 17	THURSDAY, NOVEMBER 18	FRIDAY, NOVEMBER 19
5 p.m. (PG) Shark Tale	2 p.m. (PG) Sky Captain & the World of Tomorrow	2 p.m. (PG) Shark Tale	6 p.m. (PG-13) Wimbledon	6 p.m. (PG) Resident Evil: Apocalypse	6 p.m. (PG-13) Papaveroni	6 p.m. (PG-13) The Coolant	5 p.m. (PG) *The Incredibles
7 p.m. (PG-13) *Mr. 3000	5 p.m. (PG-13) Here	5:30 p.m. (PG-13) Mr. 3000	8:30 p.m. (PG-13) Cellular	8:30 p.m. (PG-13) Vanity Fair	8:30 p.m. (PG-13) Friday Night Light	8:30 p.m. (PG-13) Wicker Park	7:30 p.m. (PG-13) Ladder 49
9:30 p.m. (PG-13) *Ray	7 p.m. (PG-13) Friday Night Light	8:30 p.m. (PG-13) Ray					9:30 p.m. (PG-13) Mr. 3000
	9:30 p.m. (PG-13) Ray						

Movie Schedule subject to change without notice.

HARIO VILLAGE THEATER

TELEPHONE: 252-8763

FRIDAY, NOVEMBER 12	SATURDAY, NOVEMBER 13	SUNDAY, NOVEMBER 14	MONDAY, NOVEMBER 15	TUESDAY, NOVEMBER 16	WEDNESDAY, NOVEMBER 17	THURSDAY, NOVEMBER 18	FRIDAY, NOVEMBER 19
6:30 p.m. (PG-13) *Wimbledon	2 p.m. (PG) Shark Tale	2 p.m. (PG) Sky Captain & the World of Tomorrow			6:30 p.m. (PG-13) Mr. 3000	6:30 p.m. (PG-13) Wimbledon	
9 p.m. (PG) Resident Evil: Apocalypse	6:30 p.m. (PG-13) Wicker Park	6:30 p.m. (PG-13) Friday Night Light			9 p.m. (PG) Resident Evil: Apocalypse		9 p.m. (PG-13) Ray
			<p>NO MOVIES SCHEDULED</p>		<p>NO MOVIES SCHEDULED</p>		
					<p>* = Premiere</p>		

RAY (PG-13)
Starring: Jamie Foxx, Rutger Hauer, Kerry Washington, Richard Schiff and Annette Bening
Born in a poor town in Georgia, Ray Charles was blind at the age of seven shortly after witnessing his younger brother's accidental death. Inspired by a fiercely independent mother who insisted he make his own way in the world, Charles found his calling and his gift behind a piano keyboard.

WIMBLEDON (PG-13)
Starring: Paul Giamatti, Kirsten Dunst, Jon Favreau, Dianna Agron and Nikolaj Coster-Waldau
Swedish tennis player, Alice (Dunst) finds herself stranded in the ruins of Racoon City following a virus outbreak, allowing her to play in the prestigious Wimbledon tournament. Her youth and falls in love with an American tennis player. Placed by a mistress who is worried about love and the court pressures, he works his way up the ranks of the tournament and actually stands a chance of fulfilling his lifelong dream of winning the Men's Singles title... if he can look out.

RESIDENT EVIL: APOCALYPSE (R)
Starring: Milla Jovovich, Sienna Guillory, Mike Epps, Cole Hauser and Jared Harris
An elite military agent, Alice (Jovovich) finds herself stranded in the ruins of Racoon City following a virus outbreak which has turned the city's inhabitants into bloodthirsty zombies. Searching for a way to contain the virus, Alice teams up with team survivors, including Jai Rodriguez. She finds herself being hunted down by a massive monster called Nemesis.

FRIDAY NIGHT LIGHT (PG-13)
Starring: Billy Bob Thornton, Derek Luke, Garrett Hedlund, Jay Hernandez and Lacey Chabert
Follow the Preteen High School Footballers of Odessa, Texas through their 1980 football season as players, coaches, mothers, fathers, brothers, fans and families struggle with ongoing personal conflicts while the team fights for a state championship.

CELLULAR (PG-13)
Starring: Chris Evans, Kate Winslet, Jason Statham, Jessica Biel and Noah Emmerich
A random wrong number to his cell phone sends a young man into a high stakes race against time to save a woman's life. With no knowledge of Jessica Martin, other than her husky, parodied voice on the other end of the tenuous cell phone connection, Ryan is quickly thrown into a world of deception and murder as his frantic search to find and save her. Jessica lives is in his hands. What is waiting for him on the other side of the line & what will it cost him to find out?

SHARK TALE (PG)
Starring: Mike Myers, Robert De Niro, Jack Black, Angelique Jolie and Renee Zellweger
Oscar is a fast-talking little fish that dreams big. But his big dreams land him in hot water when a great white fish turns him into an unlikely hero. At first, his fellow fish swallow Oscar's story, but when he is showered with fame and fortune, it's all going along swimmingly, until it starts to become clear that Oscar's tale about being the defender of the Reef is all wet.

Betcha didn't know about:
Sasebo historical tour

Phil Eakins

Base Historian

Anyone who reads this column regularly knows that I am very interested in the history of Sasebo, specifically history of the former naval station. You can imagine my excitement when my wife reserved seats on a recent historical tour of Sasebo for me and my mother-in-law sponsored by the Senso Yuseki Kengaku Kai, a local association dedicated to the study of war relics around the area.

Our first stop was the Mukyudo air raid shelter located in Joma cho between Hario Village and Kawatana. This particular air raid shelter is unique because teachers and students of the former Miya National Elementary School constructed it. Excavation began in 1943 at the suggestion of the school principal and continued until the end of the Pacific War. The main room features a few photos taken during construction, plus several school desks facing a stone podium; a winding tunnel leads to several smaller rooms.

We next visited the remnants of the Ishiharadake artillery battery north of Yokose on the Saikai peninsula. Ishiharadake was one of seven Imperial Army artillery batteries constructed for the defense of Sasebo harbor. This battery was in use from 1899 until 1920, and is known today as the Ishiharadake Forest Park.

The highlight of the tour for me was our next stop. Although I was told previously that it had been sealed up, I finally had the opportunity to enter the former naval station's underground command post. Feeling a bit like Indiana Jones (except I was wearing a hard hat instead of a fedora) and armed with only a flashlight and camera, I slowly descended the stone stairway into a dimly lit, long concrete passageway. I'd like to tell you the command post is still in decent condition, but years of neglect have taken its toll. During the Occupation, a fire swept through the command post; it is unclear if Occupation forces deliberately set the fire or if it was accidental. The second level, which features several long interconnecting tunnels and rooms, is completely underwater.

Next was a quick trip up Mt. Yumihari to view the remains of two anti-aircraft gun pits and the former radar installation. This area was considered as the most important for the defense of Sasebo. A large Type 11 radar system was once located where the Yumihari observation platform stands today.

Our tour concluded at Hachiman Shrine, where our tour guide pointed out several damaged spots along the stone walkway. These pitted and cracked areas were the result of incendiary bombs striking the stones during the fire raid on Sasebo on the night of June 28, 1945.

The collage features a clapperboard at the top left with the text 'MAY 1998' and 'CINE-PASS'. Below it is a 'CINE-PASS' card with a grid of 8 stamps, a starburst graphic saying '\$14', and the text 'CHILD CINE-PASS'. To the right is a 'Showboat Theater' sign with the text 'ON SALE NOW!'. The background is a dark, textured surface.

Guillory frocked to rear admiral aboard Blue Ridge

Commander, U.S. Seventh Fleet Public Affairs

WHITE BEACH NAVAL FACILITY, Okinawa — Commander, Amphibious Force U.S. Seventh Fleet, Rear Adm. Victor G. Guillory, received his first star during a brief frocking ceremony Nov. 4, aboard the U.S. Seventh Fleet flagship USS Blue Ridge (LCC 19), in port on Okinawa for a scheduled port visit. Vice Adm. Jonathan W. Greenert, Commander, U.S. Seventh Fleet, pinned the stars on Guillory in his flag cabin. At the ceremony, Greenert said he believed the new admiral would do wonderful things for amphibious forces in the Seventh Fleet area of responsibility and elsewhere.

“This promotion is recognition of clearly a great performance. A demonstration of great potential, this is a wonderful transition.”

For his part, Guillory said he was honored to have such responsibility placed upon him and to be amongst shipmates truly made the day special. “Most of my career has been aboard ship, from enlisted on up to this point. So I really wanted to be aboard ship for this

promotion. The opportunity to be aboard the Seventh Fleet flagship, to take the tour and meet the Sailors was really a treat.”

Guillory assumed command of the Navy’s only permanently forward deployed amphibious force Oct. 1.

A New Orleans native, Guillory graduated from the U.S. Naval Academy in 1978, earning a Bachelor of Science degree in Management and Technology. He served his early sea assignments in the guided missile destroyer USS Towers (DDG 9) in engineering and operations departments, the guided missile frigate USS Lewis B. Puller (FFG 23) as a ship control officer, and the cruiser USS Vincennes (CG 49) as operations officer. He was the commissioning executive officer in the cruiser USS Gettysburg (CG 64). He also commanded the guided missile frigate USS Underwood (FFG 36) and the cruiser USS Lake Champlain (CG 57).

Ashore, Guillory’s assignments include a tour in officer recruiting in New Orleans and several Washington-area assignments in the Bureau of Naval Personnel, the Office of the Chief of Naval Operations as the surface warfare

division branch head for combat systems and most recently as the assistant deputy of surface ships. He has also served in

Meritorious Service Medals and the Navy Commendation Medal with Gold Star and Combat “V”. He was nominated for promotion to rear admiral (lower half) in March 2004.

Having three different titles, Commander, Amphibious Force U.S. Seventh Fleet/ Amphibious Group One/Task Force 76, Rear Adm. Guillory is responsible for conducting expeditionary warfare operations to support a full range of theater contingencies, ranging from humanitarian and disaster relief operations, to full combat operations. CTF 76 is the U.S. Seventh Fleet’s primary Navy advisor on amphibious matters in the Seventh Fleet area of operations, and conducts a

number of bilateral and multilateral exercises each year in support of Commander, U.S. Pacific Fleet’s Cooperative Engagement Strategy.

For more information on CTF 76, go to <www.ctf76.navy.mil>.



The Commander, U.S. Seventh Fleet (right) congratulates the newly promoted Rear Admiral and his wife Marquita after a brief frocking ceremony onboard USS Blue Ridge (LCC 19) on Nov 4. (U.S. Navy photo by Photographer’s Mate 3rd Class Lowell Whitman)

the Joint Staff as the J-3 current readiness branch chief. He is a graduate of the National Defense University (Industrial College of the Armed Forces.) Guillory’s personal awards and decorations include the Legion of Merit, Defense Meritorious Service Medal, two

CNFJ assists Harpers Ferry family members after Typhoon Tokage

JO3 James Kimber
Amphibious Group One Public Affairs

Commander, Naval Forces Japan Regional Fire Department Sasebo (CNFJRFD-Sasebo) offered a helping hand to one USS Harpers Ferry (LSD 49) family



Shown here is part of a blown off roof (center) lying between the Kremer’s off-base residence and their neighbor’s house. (Photo provided by Theresa Kremer)

after Typhoon Tokage destroyed their off-base Sasebo home Oct. 25.

Theresa Kremer and her two children were home when Tokage, one of the largest typhoons to hit Sasebo in years with winds gusting over 115 mph, ripped

through taking the roof of their home with it. No one was injured.

“The roof had come completely off over our living room and my daughter’s room,” said Kremer. “I was hysterical. I heard my daughter scream, ‘Mom! My roof came off!’”

After notifying her landlord, Hario District Chief Shinji Otsubo, he brought Kremer, her children and two dogs to his house during the storm.

The next day, 15 firemen from the Hario firehouse volunteered their off-duty time to come to the damaged house to help pack and move Kremer’s valuables, furniture and other household items out of the storm and into a temporary housing unit provided by Otsubo.

“The house was so severely damaged because of the typhoon that the family could no longer live there,” said Otsubo.

“Also, another typhoon was heading towards Japan so quick correspondence was in need.”

The quick response of Otsubo and his off-duty firemen minimized potential water damage to the family’s belongings and reinforced Kremer’s faith of Sasebo’s strong community spirit.

“They have been super nice and just great people to us,” said Mrs. Kremer. “Otsubo has gone above and beyond the call of duty. If I had the ability, I would give him the commendation he deserves.”

The family is scheduled to move into base housing soon.

“Being away on deployment is tough enough, and when something like [storm damage] happens it makes being away even tougher,” said Lt. Kremer.

“After I found out my family was safe, I was relieved to hear that the Sasebo [base] firefighters had

volunteered their time to help my wife. If it wasn’t for the kindness and compassion of these awesome firefighters, we could have lost everything.”

The house suffered extensive damage during the typhoon and property experts expect the house, which Otsubo grew up in as a child, to collapse if it is not demolished.

The 15 firefighters who volunteered their time to assist the Kremer family were: Naoki Yamasaki, Hiroshi Yokoo, Akihisa Nakamura, Yoshiki Nakashima, Shinichi Harumoto, Go Iwashiya, Yoshio Tominaga, Hideto Shiokawa, Teppei Imai, Hideki Kawahara, Takanori Tani, Kentaro Demoto, Yasutaka Hisata, Masato Toyomura, and Syunichi Watanabe.

Shogun Cafe announces Thanksgiving Day menu

Soups:

Cream of Mushroom Soup
Roast Young Tom Turkey
Roast Ham

Main course:

Turkey w/ gravy
Chilled Cranberry Sauce,
Pineapple Raisin Sauce,
Creamy Mashed Potatoes, Marshmallow
Sweet Potatoes, Cornbread Dressing
Simmered Broccoli and
Simmered Corn-On-The-Cob

Fruits and Vegetables:

Tossed Green Salad,
Stuffed Celery Sticks, Mixed Fruit Salad,
Relish Tray and assorted Fresh fruits

Bread & Rolls:

Hot Parker House
Rolls

Pumpkin Bread
Pumpkin Pie w/Whipped Topping
Thanksgiving Day Cake
Cheese Cake
Beverages:
Eggnog
Coffee
Tea

When: Thursday,
Nov. 25, 2004
Time: 3:30-5:30 p.m.

Price Per Person: \$5.40 (Free for children under 5 years old)

Note: Sale of meal tickets will be available at Shogun Café on the following dates.

Nov. 15-18: Meal tickets for military dependents go on sale.

Nov. 18-22: Meal tickets for civilians go on sale. **Tickets for civilians and dependents will be limited to 100.** No food takeout except for personnel on duty.



Sasebo Soundings
If you want to place an e-mail
<soundings@sasebo.navy.mil>
Deadline for submissions is
Tuesday at Noon



Fleet Gym 252-3588

Hario Gym 252-8691

Game of the week: Ft. Mac ‘shows up’ Showtime, 71-51

JOSN Jeff Johnstone
CFAS Public Affairs

Francis Ebong scored 14 points in the second half alone, and tallied five blocked shots for the game, as the Ft. Mac Young Guns dismantled a talented, but depleted Showtime team, 71-51 in intramural basketball action Tuesday night at the Fleet Gym.

The Young Guns started slinging at the opening whistle, pulling out to an early lead that merely grew as the game progressed. The Showtime was able to pull within a point in the first half, but the Young Guns were smoking by halftime, holding a 39-29 lead at the break.



Fort Mac’s center (23) soars above a trio of Showtime defenders as he attempts to slam home a bucket during their rout of the Showtime Tuesday night at the Fleet Gym. Fort Mac’s center led the Young Guns in scoring during the second half with 14 points. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

Unfortunately for Showtime, there was a second half yet to play. The Guns’ Ebong exploded out of the gate with a one handed jam in the half’s opening minute, breaking away from every defender on the court.

After an inbound following a Young Guns score, Ebong again struck, stuffing a Showtime scoring attempt, leading to another Young Guns basket.

The Showtime did regain some traction, led by spirited second half performances by Trakeavik Blue (ten points), and Paul Navarro (eight points), though they couldn’t cut the Young Guns’ insurmountable double-digit lead.

The game was called via the 20-point-rule with just over a minute remaining.

The Young Guns were pleased with their performance, with good reason. Though Showtime was missing a few starters, they are a tough opponent for everyone.

“We (Ft. Mac) just ran a little better than them tonight,” said Young Guns’ Baryshnikov Chambers. “We were organized and played very well,” he added.

“It feels great for me to come back from leave and get a big win over the Showtime,” said the Guns’ Brandon Hardeman. “We had a couple of losses before I left, so it feels good.”

The Young Guns were smooth throughout the contest, keeping wasted shots to a minimum, and maintaining a solid passing game that kept the Showtime on their heels throughout the contest.

With the victory, Fort Mac improves their record to 16-2, the top record this season, while even after dropping to 10-7, the Showtime maintains a grip on second place.

“We (Young Guns) played very well and we’re starting to gel as a team,” said Ebong.

“We’re improving and we’re seeing it more and more every game.”

That’s good news for Fort Mac, not future opponents.



A basketball player from Fort Mac (22) leaps for a rebound over a pair of The Showtime’s. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

CFAS kids and parents were “Running Scared” at annual 3k walk

Isaiah Mincks
MWR Sports Director

MWR Sports & Fitness hosted their 5th Annual “Running Scared” Trick or Treat 3K walk this past Thursday.

This event attracted over 200 participants with over 30 adults dressed up in costumes as well. This was the second consecutive year with over 200 participants. The walk consisted of a 3K stroll across main base, complete with glow sticks and trick-or-treat candy stops. Stops along the route included the “Candy Stop” at Galaxies, “Candy Fishing” at Fleet Landing, and “Pumpkin Hula” at the Library. All participants were given a glow stick to walk with.

At the conclusion of the walk, participants were treated with juice, hot

chocolate, pizza, and more candy! The costume contest was then held, and stuffed Halloween toys were awarded to the best 2 costumes in each division, infant (4 & under), child (5-8), youth (9-12), Teen (13-17), and Adult (18 & up). Contest winners included devils, witches, deep sea divers, Dhora, Barbie, pirates, ninjas, and many more!

MWR Sports & Fitness would like to thank all volunteers who helped out with this fantastic event. We are already looking forward to next year’s walk, and expect an even greater turnout. If you would like to volunteer for this event in the future, simply pick a costume and let us know that you are interested in helping out. You know where to find us! Happy Halloween!



Fall Softball Standings (As of Oct. 31, 2004)				Winter Flag Football (As of Nov. 2, 2004)			
Rank	Team	Win	Loss	Rank	Team	Win	Loss
1	Fire Dreams	10	2	1	Dragons	5	0
2	Total Force	8	3	2	Hooligans	4	1
3	Fort McHenry	5	9	3	Seabees	1	2
4	Patriot	1	3	4	Fort Mac	0	5
5	Guardian	1	2				
6	Hitmen	0	6				
7	The Squad	0	0				
8	Iron Gators	0	0				

Fitness Tip: Understanding your metabolism is important

Alec Culpepper
MWR Fitness & Aquatics Director

One of the best ways to lose a few pounds is to rev up your metabolism so you’ll burn more calories—even when you sleep. First, you need to understand how it works. Your metabolism is the rate at which your body burns calories.

It’s broken down into three parts—the three burners in your metabolic stovetop. The largest burner is your basal metabolism (sometimes called your resting metabolism), which accounts for about 60 percent of the calories you expend each day. You burn these calories simply to exist, including at night when

you’re sleeping. The second burner is your activity metabolism, which makes up about 30 percent of the daily calories that you use. These are calories you burn during running, as well as while sweeping the floor or walking upstairs.

The final burner is your thermic metabolism—calories you burn while digesting food and some foods take more energy (calories) to digest, so emphasize them whenever possible. If you work it right, a good metabolism-boosting program will turn up the heat on all three burners. When this happens, you’ll start getting leaner and fitter. You need to make some simple changes to your exercise routine, and your eating habits.